



TRAINING PLAN

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Race your fastest Olympic-distance tri

Be at your best for an Olympic-distance triathlon, with **Phil Mosley's** six-week plan

In the last six weeks before a race it's important to make each workout race-specific in some way, rather than just churning out the miles. The goal is to become well and truly accustomed to the demands of your triathlon. So this six-week Olympic-distance training plan isn't stuffed full of pointless workouts – each one is designed to build your race-day fitness.

It's also not something you should launch into without first building up your fitness gradually. The plan assumes you've already been training

for triathlons throughout the winter, or at least since early spring, so you can cope with the workload.

In order to do well at an Olympic-distance triathlon you'll need to do the following things well: swim 1,500m in open water (sea, river, lake or canal) with people all around you. Then transition quickly into a hard 40km cycle time-trial. After a second transition you'll then need to run a strong 10km despite the accumulative fatigue from the swim and bike.

It's important to remember that it's more than three disciplines – it's one

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IS THIS PLAN
FOR YOU?

Goal
Your fastest
Olympic-
distance
triathlon

Timescale
6 weeks

Start Point
Swim 1,500m,
Bike 40km,
Run 10km

Level
Intermediate

big race. Which is why I have set various sessions that replicate the intensity, distance and conditions you'll face on race day. Anything else you can do to replicate race-day conditions is worthwhile at this stage.

These kind of race-specific workouts are very demanding, so there are some easier sessions too, and these also have a race-specific element to them.

Aside from the training, you should practise your transitions and make sure you get used to open-water swimming – preferably in a group of people, in conditions similar to those you'll face when you race. Don't leave it to the last minute. Open-water swimming can be pretty scary if you've not practised.

For simplicity's sake the pool swims are given as Main Set only. In addition you should incorporate a warm up of around 500m and a warm down of 400m. This should include front crawl, drills, backstroke and kicking. Although we have provided you with swim sets to follow, attending a coached group is nearly always more effective than doing your swimming alone.

Lastly, please check out the Key and Training Zones sections to the left, so you know what the abbreviations mean and what intensities to train at.

Photo: britishtriathlon.org

6 WEEK PLAN TRAINING ZONES GUIDE

	DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1	Recovery	55-70	<2	1-6hrs	Easy
Z2	Endurance	70-75	2-3	1-3hrs	Steady
Z3	Tempo	75-80	3-4	50-90mins	Comfortable
Z4	Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5	Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pullbuoy float between thighs, KICK Kick with a float buoy out in front, SECS seconds, Z1 Training Zone 1, Z2 Training Zone 2, Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous, BACK Backstroke, BREAST Breaststroke



	DAY		MORNING WORKOUT		EVENING WORKOUT
WEEK 1	Mon	Swim	MAIN 8x50m FC BUILD +15secs, 100m BACK Z1, 6x50m PULL Z4 +30secs, 100m BREAST Z1, 4x50m FC Z4 +30secs		RECOVERY
	Tue	Run	WU 10mins in Z2 MAIN 5mins in Z3, 3mins in Z2, 5x3mins in Z4 +2mins Z1 recoveries WD 10mins in Z2	Stretch	30mins
	Wed	Brick	Bike 1hr 30mins in Z2 into run 10mins in Z2		RECOVERY
	Thur	Swim	MAIN 2x200m FC Z2 +10secs rests, 100m KICK Z2, 3x150m PULL Z3 +15secs, 100m KICK Z2, 4x100m FC Z4 +30secs		RECOVERY
	Fri		RECOVERY	Core stability	Pilates class or home core-stability workout
	Sat	Bike	WU 30mins in Z2, 4x30secs in Z5 + 90secs recoveries in Z1 MAIN 3x9mins in Z4 +5mins recoveries in Z1 WD 30mins in Z2		RECOVERY
	Sun	Run	Run for 1hr on hilly ground, off road, in Z2 to Z3	Swim	30mins, open water in Z2
WEEK 2	Mon	Swim	MAIN 4x100m FC BUILD +30secs, 100m BACK Z1, 4x100m PULL BUILD +30secs, 100m BREAST Z1, 4x100m FC Z4 +30secs		RECOVERY
	Tue	Run	WU 10mins in Z2 MAIN 5mins in Z3, 3mins in Z2, 4x4mins in Z4 +3mins Z1 recoveries WD 5mins in Z2	Stretch	30mins
	Wed	Brick	Bike 1hr 30mins in Z2 into run 10mins in Z2		RECOVERY
	Thur	Swim	MAIN 400m FC Z2 +40secs, 300m PULL Z3 +30secs, 200m KICK Z4 +20secs, 100m FC Z4		RECOVERY
	Fri		RECOVERY	Core stability	Pilates class or home core-stability workout
	Sat	Bike	WU 30mins in Z2, 4x30secs in Z5 + 1min 30secs recoveries in Z1 MAIN 2x15mins in Z4 +5mins recoveries in Z1 WD 30mins in Z2		RECOVERY
	Sun	Run	Run for 1hr on hilly ground, off road, in Z2 to Z3	Swim	30mins, open water, in Z2
WEEK 3	Mon	Swim	MAIN 2x200m FC Z3 +45secs, 100m KICK Z2, 2x200m PULL Z3 +45secs, 100m KICK Z2, 4x100m FC Z4 +45secs		RECOVERY
	Tue	Run	WU 10mins in Z2 MAIN 5mins in Z3, 3mins in Z2, 3x5mins in Z4 +3mins Z1 recoveries WD 5mins in Z2	Stretch	30mins
	Wed	Brick	Bike 1hr 30mins in Z2 into run 10mins as (5mins in Z4, 5mins in Z1)		RECOVERY
	Thur	Swim	MAIN 100m KICK Z2, 200m FC, 300m PULL, 400m FC, 300m PULL, 200m FC, 100m KICK all in Z2 +15secs rests		RECOVERY
	Fri		RECOVERY	Core stability	Pilates class or home core-stability workout
	Sat	Brick	Bike 40km into run 10km, all in Z2		RECOVERY
	Sun	Swim	30mins, open water in Z2		RECOVERY



	DAY		MORNING WORKOUT		EVENING WORKOUT
WEEK 4	Mon	Swim	MAIN 400m PULL Z2 +30secs, 400m FC Z4, 400m PULL Z2 +30secs, 400m FC Z4		RECOVERY
	Tue	Run	WU 10mins in Z2, 5mins as (20secs Z5, 40secs Z1) MAIN 2x10mins in Z4 +5mins in Z1 WD 5mins in Z2	Stretch	30mins
	Wed	Brick	Bike 1hr 30mins in Z2 into run 10mins as (5mins in Z4, 5mins in Z1)		RECOVERY
	Thur	Swim	MAIN 300m as (25m KICK, 50m FC) Z3 +30secs, 200m as (50m BACK/50m BREAST) Z2 +30secs, 300m PULL Z3 +30secs, 200m KICK Z2 +30secs, 300m FC Z2 +30secs		RECOVERY
	Fri		RECOVERY	Core stability	Pilates class or home core-stability workout
	Sat	Brick	WU 20mins Z2, 5x(30secs Z5, 30secs Z1) MAIN 1hr TT in upper Z3 to Z4 into run 10mins as (5mins Z4, 5mins Z1)		RECOVERY
	Sun	Run	Run for 50mins on hilly ground, off road, in Z2	Swim	Open water, 5mins in Z2, 25mins in Z3, 5mins in Z2
WEEK 5	Mon	Swim	MAIN 800m FC Z3 +60secs, 100m KICK Z2, 600m PULL Z4		RECOVERY
	Tue	Run	WU 10mins in Z2, 5mins as (20secs Z5, 40secs Z1) MAIN 7x1min in Z4/Z5 +3mins in Z1 WD 5mins in Z2	Stretch	30mins
	Wed	Brick	Bike 1hr 30mins in Z2 into run 10mins as (5mins in Z4, 5mins in Z1)		RECOVERY
	Thur	Swim	MAIN 500m FC Z3, 500m PULL Z3, 500m FC Z3 +60secs rests		RECOVERY
	Fri		RECOVERY	Core stability	Pilates class or home core-stability workout
	Sat	Brick	WU 30mins Z2, 5x(30secs Z5, 30secs Z1) MAIN 30mins TT in Z4 into run 10mins as (5mins Z4, 5mins Z1)		RECOVERY
	Sun	Run	Run for 40mins on hilly ground, off road, in Z2	Swim	Open water. 10mins in Z2, 15mins in Z4, 5mins in Z2. Practise sighting and deep water starts
WEEK 6	Mon	Swim	MAIN 5x100m FC in Z4 +30secs	Stretch	30mins
	Tue	Run	WU 10mins in Z2, 5mins as (20secs Z5, 40secs Z1) MAIN 7x1min in Z4/Z5 +3mins in Z1 WD 5mins in Z2		RECOVERY
	Wed		RECOVERY	Core stability	Pilates class or home core-stability workout
	Thur	Swim	MAIN 2x200m FC in Z4 +30secs (pool or open water)		RECOVERY
	Fri	Bike	WU 30mins in Z2 MAIN 10mins in Z3 WD 20mins in Z2		RECOVERY
	Sat		RECOVERY		RECOVERY
	Sun	Race	Olympic-distance triathlon		RECOVERY